

A Culinary Expedition Through the Philippines with Chef Matthew Astorga



trip highlights

Hosted throughout by Chef Matthew Astorga
Organic farm tour and hands-on Filipino cooking class
Traditional fishing experience with local fishermen
Seafood market visit followed by a "Paluto" feast
where your selections are cooked fresh
Swim with the famous Sardine Run in Moalboal
Snorkel with sea turtles
Kawasan Falls adventure
Island hopping in Port Barton
Explore the UNESCO-listed Puerto Princesa Underground River
Relax in boutique beachfront resorts



Trip Duration	12 days	Trip Code: SOG9559
Grade	Adventure touring	
Activities	Food experiences	
Summary	11 nights in carefully selected boutique hotels and beachfront resorts	

welcome to World Expeditions

For over 50 years, we've been creating high-quality, expedition-style adventures for active travellers with a curious spirit. From our very first trek in the mountains of Nepal to pioneering remote routes across all seven continents, our journeys are built for those who want to truly explore – not just visit.

At the heart of what we do is a simple philosophy: take the paths less travelled.

This means travelling with care, supporting local communities, minimising our impact, and unlocking experiences that most travellers will never have.

If you're ready to go further and dig deeper, we invite you to join us on the A Culinary Expedition Through the Philippines with Chef Matthew Astorga, a journey that captures the essence of a unique adventure.

why travel with World Expeditions?

Our expert local guides are the best available and to ensure the smooth operation of all trips, our partners in the Philippines continually work with us to improve our itineraries to ensure we are taking the 'paths less travelled'. Most importantly, our adventures always aim to benefit the local people we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



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Discover the Philippines through its food, people, and islands with Chef Matthew Astorga.



Single travellers are required to pay a single supplement when joining this adventure. Please refer to our website for the additional cost.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

the trip

Join Chef Matthew Astorga on an unforgettable culinary journey through the Philippines. Explore vibrant local markets, cook with organic farmers, fish alongside local communities, feast on freshly prepared seafood, and discover the spectacular islands of Cebu and Palawan through authentic food experiences, breathtaking landscapes and meaningful cultural connections.

at a glance

DAY 1	CEBU ARRIVAL
DAY 2	CEBU TO MOALBOAL
DAY 3	KAWASAN FALLS CANYONEERING & FILIPINO HOME-COOKED LUNCH
DAY 4	MOALBOAL SNORKELING ADVENTURE: SARDINE RUN & TURTLE ENCOUNTER
DAY 5	MOALBOAL TO SIMALA CHURCH, CEBU AIRPORT & FLIGHT TO EL NIDO
DAY 6	EL NIDO SIBALTAN: LOCAL ORGANIC FARM TOUR & COOKING CLASS
DAY 7	EL NIDO FISHING EXPERIENCE WITH LUNCH
DAY 8	EL NIDO TO PORT BARTON
DAY 9	PORT BARTON ISLAND HOPPING TOUR A
DAY 10	PORT BARTON TO PUERTO PRINCESA
DAY 11	PUERTO PRINCESA UNDERGROUND RIVER TOUR WITH LUNCH
DAY 12	PUERTO PRINCESA TO MANILA & DEPARTURE

what's included

- 11 nights boutique accommodation
- Group airport transfer on day 1 and day 12
- Services of Chef Matthew Astorga throughout the journey
- Private transportation throughout
- Daily breakfast
- Selected lunches
- English-speaking local guides
- Organic farm experience
- Entrance fees to all included activities
- Filipino cooking class
- Fishing experience with local fishermen
- Seafood market visit & Paluto dining experience
- Kawasan Falls adventure
- Sardine Run & Turtle snorkeling
- Port Barton island hopping
- UNESCO Underground River tour

what's not included

- Domestic flights: Cebu - El Nido and Puerto Princesa - Manila
- International flights
- Items of a personal nature such as laundry, phone calls etc.
- Meals not indicated in the itinerary
- Tips
- Airport and departure taxes
- Travel insurance
- Visas

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trip dates

2027 01 Dec - 12 Dec

important notes

BP - Base Price
S - Surcharge

fast facts

Singles:

A single supplement is available for this trip*

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

thoughtful travel

Our World Expeditions adventures are grounded in a deep commitment to regenerative travel, going beyond minimising harm to actively restoring and enriching the places we visit. We partner closely with local communities, ensuring that our trips support cultural preservation, fair livelihoods, and community-led initiatives. Each expedition is designed to protect and regenerate natural ecosystems through low-impact practices, climate action, and education that fosters respect for biodiversity. We prioritise meaningful connections between travellers and place, encouraging a sense of stewardship that lasts well beyond the journey. By embedding sustainability into every layer of our operations, we aim not only to explore the world responsibly but also to leave it healthier, more resilient, and more vibrant for future generations.

detailed itinerary

DAY 1 Cebu Arrival

Upon arrival at Cebu-Mactan International Airport, meet your English-speaking guide and transfer to your hotel.

1500H: Standard hotel check-in time.

Check in and enjoy the remainder of the day at leisure.

Overnight: Bai Hotel Cebu

meals: NIL

DAY 2 Cebu to Moalboal

Breakfast at the hotel.

1000H: Pick-up from the hotel lobby.

Depart Cebu and travel approximately 3–4 hours to Moalboal and Dolphin House Resort. Upon arrival, check in, freshen up and enjoy the remainder of the afternoon and evening at leisure by the beach.

Overnight: Dolphin house resort

meals: B

DAY 3 Kawasan Falls Canyoneering & Filipino Home-Cooked Lunch

Breakfast at the resort.

0700H: Pick-up from the resort lobby to begin today's excursion.

Travel to spectacular Kawasan Falls in Badian, one of Cebu's best-known natural attractions. Surrounded by lush tropical vegetation, the falls consist of three main cascades with clear turquoise pools. The first waterfall rises more than 40 metres above a deep swimming basin, while the second is broader and approximately 20 metres high. The smaller third tier offers another scenic setting along the river.

Enjoy the Kawasan Falls canyoneering experience, followed by a family-style Filipino home-cooked lunch featuring traditional local dishes and fresh native ingredients.

After the tour, transfer back to the resort.

Overnight Stay: Dolphin House Resort or similar

meals: B,L

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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 4 Moalboal Snorkeling Adventure: Sardine Run & Turtle Encounter

Breakfast at the resort.

0800H: Pick-up from the resort lobby.

Set out on a snorkeling adventure in Moalboal, one of Cebu's best-known marine areas. Experience the famous Sardine Run, where millions of sardines move together in enormous formations just offshore, before continuing in search of sea turtles in their natural habitat.

Enjoy the colourful reefs and abundant marine life before returning to the resort.

Later, freshen up and visit the local market. Afterwards, continue to a seafood "Paluto" restaurant, where fresh ingredients can be selected and prepared to order. Paluto is a Filipino dining tradition meaning "to have it cooked"

Later on, transfer back to the resort.

Overnight: Dolphin house resort or similar

meals: B,L

DAY 5 Moalboal to Simala Church, Cebu Airport & Flight to El Nido

Breakfast at the resort.

0700H: Pick-up from the resort lobby.

Depart Moalboal and travel to Simala Church in Sibonga, also known as the Monastery of the Holy Eucharist. Founded in 1997 by the Marian Monks of Eucharistic Adoration, the shrine is an important place of pilgrimage and prayer in Cebu.

Following the visit, continue to Cebu Airport for your flight to El Nido, Palawan.

1850H: Flight from Cebu to El Nido via Cebu Pacific.

2035H: Arrive in El Nido.

Meet your resort representative on arrival and transfer to the hotel for check-in.

Overnight: Charlie's El Nido or similar

meals: B

DAY 6 El Nido Sibaltan: Local Organic Farm Tour & Cooking Class

Breakfast at the hotel.

0900H: Pick-up from the resort lobby.

Proceed to the Local Organic Farm Tour & Cooking Class, with approximately 4–6 hours allowed for the excursion.

Explore a 100% organic farm in El Nido, taste fresh tropical fruits, meet farm animals and experience traditional farming practices, including working with a carabao.

Continue with a hands-on Filipino cooking class using fresh produce from the farm. Prepare local dishes before sitting down to enjoy your meal accompanied by fresh coconut juice. The farm and cooking experience itself lasts approximately three hours, including around one hour touring the farm and two hours cooking and dining.

After the tour, transfer back to the hotel.

Overnight: Charlie's El Nido or similar

meals: B,L

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DAY 7 El Nido Fishing Experience with Lunch

Breakfast at the hotel.

0730H: Pick-up from the resort lobby.

Set out on an approximately 5–6 hour fishing experience with local fishermen. Learn traditional fishing techniques used by Palawan's coastal communities and try your hand at catching local species such as grouper, snapper and sea bream.

Lunch will be served either onboard the boat or on one of El Nido's beautiful beaches, depending on the day's arrangements.

After the tour, transfer back to the hotel.

Overnight: Charlie's El Nido or similar

meals: B,L

DAY 8 El Nido to Port Barton

Breakfast at the resort.

1000H: Pick-up from the resort lobby.

Depart El Nido and travel approximately 3–4 hours to Port Barton.

Upon arrival, check in and take some time to freshen up. The remainder of the day is at leisure to relax at the resort or explore Port Barton independently.

Overnight: Holiday Suites port Barton or similar.

meals: B

DAY 9 Port Barton Island Hopping Tour A

Breakfast at the resort.

0800H: Pick-up from the resort lobby.

Set out on Port Barton Island Hopping Tour A for a full day exploring some of the area's most beautiful marine sites.

Snorkel at Twin Reef and Fantastic Reef, known for colourful coral and tropical fish. Continue to Exotic Island and Turtle Spot, where there may be opportunities to swim alongside sea turtles in their natural environment.

Visit Peña Plata or Giligan's Island, before continuing to a sandbar/starfish site to see starfish resting in the shallow waters.

The day combines snorkeling, swimming and time relaxing amongst Port Barton's islands.

After the tour, transfer back to the resort.

Overnight: Holiday Suites port Barton or similar.

meals: B,L

DAY 10 Port Barton to Puerto Princesa

Breakfast at the resort.

0900H: Pick-up from the resort lobby.

Depart Port Barton and travel approximately 3–4 hours to Puerto Princesa.

1500H: Standard hotel check-in time.

After check-in, freshen up and enjoy the remainder of the day at leisure to relax or explore independently.

Overnight: The funny lion puerto princesa or similar

meals: B

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DAY 11 Puerto Princesa Underground River Tour with Lunch

Breakfast at the resort.

0800H: Pick-up from the resort lobby.

Proceed to the Puerto Princesa Underground River for your cruise and lunch.

Journey by boat through the remarkable subterranean river and cave system, surrounded by dramatic limestone formations, stalactites and stalagmites. During the cruise, learn about the cave's geology, ecosystem and wildlife, including the bats and swiftlets that inhabit the area.

The Puerto Princesa Underground River is recognised as one of the New 7 Wonders of Nature and is a UNESCO World Heritage Site.

Following the tour, transfer back to the hotel.

Overnight: The Funny Lion Puerto Princesa or similar.

meals: B,L

DAY 12 Puerto Princesa to Manila & Departure

Breakfast at the hotel.

1200H: Standard check-out time.

TBA: Pick-up from the hotel lobby and transfer to Puerto Princesa Airport.

1245H: Flight from Puerto Princesa to Manila via Cebu Pacific.

1425H: Arrive in Manila.

Upon arrival, transfer to the international airport for your onward flight home.

End of the trip to the Philippines.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

a typical day

Most mornings begin with breakfast at the hotel or resort before setting out for the day's activities. In Moalboal, experiences include Kawasan Falls canyoneering, a Filipino home-cooked lunch, the famous Sardine Run and sea turtle encounter, followed by a visit to the local market and a traditional Paluto seafood experience. In El Nido, the focus shifts to local food and community, with an organic farm visit and hands-on Filipino cooking class, as well as a fishing experience with local fishermen and lunch served onboard or on the beach. The journey also includes time to relax in Port Barton, a full-day island-hopping excursion with snorkeling and swimming, and a visit to the UNESCO-listed Puerto Princesa Underground River. Free time is built into the itinerary in several destinations, allowing guests to unwind and enjoy the surrounding beaches and coastal scenery at their own pace.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel

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with all necessary medications for food allergies and be capable of self-administering these medications.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

Visa's are exempt for AU, US, CA, UK and NZ passport holders in the Philippines for a stay of up to 30 days. To qualify for the visa exemption travellers must:

Hold a passport valid at least six months on entry with two blank visa pages

Hold proof of sufficient funds

Hold proof of onward/return flights

Hold all documents required for the next destination

Travellers are required to complete an online electronic Travel Declaration and obtain a QR code.

You may only register within 72 hours prior to your arrival in the Philippines. You will need to present the eTravel QR code in your home country to airline staff to board the flight.

You can apply online here <https://etravel.gov.ph/>

Confirm with their airline that boarding will be permitted without a visa.

Visa regulations change and you should be prepared for this. If you are stopping over or transiting other countries en-route to your destination, you should also check the visa requirements for that destination. It is your responsibility to obtain the necessary visas.

All other nationalities should check with your nearest embassy or consulate.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

webinars & events

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news. Head to our website to subscribe to our regular e-newsletter.

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social networking

Connect with us on social

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Follow us at instagram.com/worldexpeditions

YOUTUBE: World Expeditions

Subscribe to our channel at youtube.com/worldexpeditions

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.